

14th CSH DECOMPRESSION WEEK

Day 1

Re-Union briefing & Normalization of Experiences briefing
 (0900 - 0950)

Suicide Prevention Training
 (1000 - 1050)

Sign and Symptoms of Distress Briefing
 (1100 - 1150)

CDR's Safety Post/Vehicle Safety
 (1150-1200)

Retrieve POVs from storage/

Day 2

Finance- Stop entitlements/ settle TDY
 (0900 - 0950)

Complete postal Change of Address cards
 (0950 - 1000)

OPSEC/SAEDA
 (1010 - 1100)

Group Debriefs & Deployment AARs
 (1110 - 1150)

CDR's Safety Reckless Behavior
 (1150 - 1200)

Day 3

Day 4

Day 5

Briefing make up Day

Day 6 & 7

Register POVs

Army One Source

Family Care Plan Updates and Reviews

File Taxes

CAC Registration

Housing Arrangements and Household goods

Records Update (NCOERs, OERs)

Email Acct/CPU user TRNG

(0900 - 1150)

CDR's Safety Drinking & Driving
 (1150 - 1200)

CDR's Safety Speeding
 (1150 - 1200)

CDR's Safety Spouse Abuse
 (1150 - 1200)

RDC Submit Decompression Week Training Validation report to 44th DCSOPS



14th CSH RE-INTEGRATION WEEK

Day 8

**SRC and PDHA
Group C**
(0630 - 1130)

**Dental CAT 3/4
Only
Group D**
(0730 - 1130)

**CDR's Safety
Drug Use**
(1150-1200)

Day 9

**SRC and PDHA
Group D**
(0630 - 1130)

**Dental CAT 3/4
Only
Group C**
(0730 - 1130)

**CDR's Safety
Reckless
Behavior**
(1150 - 1200)

Day 10

**Physical
Training**
(0630 - 0730)
**Battle-mind
Training**
(0900 - 0950)

**Risk Taking
Behavior
&
Pitfalls and
Tendencies
&
Coping
Strategies**
(1000 - 1050)

**Security De-
Briefing and
Policy
Reminders**
1100 - 1150)

**CDR's Safety
Drinking &
Driving**
(1150 - 1200)

Day 11

**Physical
Training**
(0630 - 0730)

**Group C
Weapons
Cleaning and
PPD Read**
(0900 - 1150)

**Group D TA-50
Inspection**
(0900 - 1150)

**CDR's Safety
Speeding**
(1150 - 1200)

Day 12

**Physical
Training**
(0630 - 0730)

**Group D
Weapons
Cleaning and
PPD Read**
(0900 - 1150)

**Group C TA-50
T/I**
(0900 - 1150)

**CDR's Safety
Spouse Abuse**
(1150 - 1200)

POV Inspections

**RDC Submit
Reintegration
Week Training
Validation
report to
44th DCSOPS**

Day 13&14



14th CSH READINESS RESET

Day 15

Physical Training
(0630 - 0730)

EO Training
(0900 - 1000)

Level 1 Anti-Terrorism Training (1030 - 1200)

Initiate / Complete FLIPLS
(TBD)

GOV Travel Card & GOV Purchase Card TRNG
(TBD)

CDR's Safety Drug Use
(1150-1200)

Day 16

Physical Training
(0630 - 0730)

Education Center Briefing
(TBD)

Financial Training / Counseling
(TBD)

Individual Career Counseling
(TBD)

CDR's Safety Reckless Behavior
(1150 - 1200)

Day 17

Physical Training
(0630 - 0730)

Complete Block Leave Paperwork
(0900-1100)

Weapons Cleaning
(0900-UTC)

CDR's Safety Drinking & Driving
(1150 - 1200)

Day 18

Physical Training
(0630 - 0730)

Awards Ceremony
(TBD)

Unit BBQ
(TBD)

CDR's Safety Speeding
(1150 - 1200)

Day 19

Physical Training: 4MILE assessment/ Esprit D' Corps Run

Unit Time
(TBD)

CDR's Safety Safe Relationships
(1150 - 1200)

POV Inspections

RDC Submit Reintegration Week Training Validation report to 44th DCSOPS

Day 20&21

